



CSOF GRANTS MAKING AN IMPACT: DAYBREAK—AN ADULT DAY PROGRAM



Rob McDonald, CSOF Member (second from right), presented a Foundation grant award to DayBreak's Board of Directors.

DayBreak—an Adult Day Program is a one-of-a-kind program that was founded and is directed by Paula Levy to provide a “home away from home” setting to avoid premature long term care placement for people with dementia, Alzheimer’s, Traumatic Brain Injury, Parkinson’s Disease, or have suffered a life-altering stroke, among other debilitating diseases and illnesses. They provide a warm, safe, secure, stimulating and loving environment where people can engage in meaningful activities and social interactions while their caregivers continue to work and/or receive respite. DayBreak’s clients participate in music therapy, pet therapy, gardening, arts and crafts, exercise, field trips, and have intergenerational connections.

DayBreak provides transportation for participants, meals and snacks, medication administration, incontinence care, massage therapy, salon services, wellness checks and outings. They are licensed to provide foot care, baths and showers and offer extended hours if needed. They are able to accommodate 5 participants at one time based on the size and layout of the home. They hope to purchase the home so they can increase the number of participants to 10 per day to meet growing demand. If you are going to or through Woodland Park, you should call ahead and plan to stop and tour the home. It is located at 404 N. State Highway 67. You will be amazed—it is certainly a place to enroll a loved one who needs this kind of care.

WINTER MEMBERSHIP MEETING—SAVE THE DATE!

Wednesday, February 28th, is the date that the Foundation’s Winter Membership Meeting is scheduled. It will occur at the Colorado Springs Country Club, 3333 Templeton Gap Road, Colorado Springs, CO 80907. Social time commences at 5:30 p.m. and our meeting begins at 6:30 p.m. to give more time for fellowship.

2017-2018 BOARD OF DIRECTORS

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Executive Director & CEO

WINTER MEMBERSHIP MEETING

- **February 28th at 5:30 p.m.**
- Colorado Springs Country Club

RSVP by February 20th to
DRalston@cssof.org or call 635-9057.



Heavy hors d'oeuvres and beverages will be provided. Many thanks to Thomas Told, D.O., Dean of Rocky Vista University College of Osteopathic Medicine, for supporting our Winter Membership Meeting. We are incorporating something new into our meeting—a “Member Moment.” It’s another opportunity for members to get to know one another on a more personal level.



**CSOF MEMBER NEWS – CONGRATULATIONS,
WE ARE SO PROUD!**



John H. Drabing, D.O., FAOA, FACOS, will be honored by the American Osteopathic Academy of Orthopedics (AOAO) Foundation at its May 2018 meeting at Terranea Ocean Front Resort in Rancho Palos Verdes, California. The virtual library of the AOAO Foundation is being named after him. Their virtual library will be a shared member resource and will serve as the established resource location for the Osteopathic Orthopedic profession, enabling physicians in training to locate texts and mainstream journals and providing

a place where practicing surgeons can go to refresh on a topic as needed. Dr. Drabing was President of the AOAO from 1986 to 1987 and in 2009 he co-authored the book, *History of the AOAO and Its Contributions to the Osteopathic Profession*.



Lynne Jones, CSOF Immediate Past President and formerly Vice President of DaVita’s Business Development and Marketing in Colorado Springs, has accepted a professional position with the Commission on Family Medicine, Colorado Institute of Family Medicine and the Colorado Association of Family Medicine Residencies as their Executive Director. She will officially begin on February 16th. Lynne is still committed to her volunteer work with our Foundation and with Silver Key, another local board she serves on in Colorado Springs.

**CSOF KARMA HOUR –
SAVE THE DATE!**

Thanks to **Richard Dodge** and **Gregory Ales, D.O.**, our Foundation has a Karma Hour at **Bristol Brewery** on **September 18th** from 6:00 p.m. to 8:00 p.m. Richard Dodge was instrumental in identifying a way to increase opportunities for comradery among our members and Greg Ales, D.O. had the contact at Bristol Brewery. Our Foundation will receive \$1.00 for every pint of beer sold during this time which will benefit our Osteopathic Medical Student Scholarships. This venue provides a vibrant, low cost forum for socializing and networking. We want to have a great showing and an enjoyable evening so put this date on your calendar and invite your friends, colleagues and family to join in the fun!

SOCIAL MEDIA

Like us on [Facebook](#) and Follow us on [Twitter!](#)

**HAVE AN UPDATE TO
SHARE?**

Please email news to Doris Ralston at DRalston@cssof.org for publication in the Foundation’s eBulletin.



JULY 1, 2017 – JANUARY 31, 2018 DONORS: THANK YOU!

1% Legacy Society (Bequests)

Alex Constantinides, D.O.
John H. Drabing, D.O.
Curry Horak, M.D.
Mr. Rob & Ann McDonald
Drs. Joyce Michael &
Michael Trumbull
Mrs. Doris Ralston
Dr. Sidney & Karen Rubinow
Dr. Lloyd & Cathy Strode
Daniel Tell, D.O.

A.T. Still Circle (\$10,000 & Above)

John H. Drabing, D.O.
Drs. Joyce Michael &
Michael Trumbull

Associate (\$5,000-\$9,999)

Benefactor (\$1,000-\$4,999)

Ms. Diane Drabing
Mr. Jeffrey & Ann Drabing
Mr. Michael & Taren Drabing
Mrs. Doris Ralston
Rocky Vista University College
of Osteopathic Medicine
Dr. Sidney & Karen Rubinow
Michael D. Welch, D.O.

Patron (\$500-\$999)

William Griffis, D.O.
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Ronald Royce, D.O.
Drs. Ronda Ammon &
Gerald Travers
Dr. William & Heather Woodworth

*Scholarship

**Grants

Memorial and Honor Gifts

In Memory of Michael McDonald
and Grant Ralston

Mr. Rob & Ann McDonald

In Memory of Fred Feiler, M.D.

Dr. Donald & Barbara Gazibara

In Memory of Cynthia McNally

Peter McNally, D.O.

In Memory of Sally J. Drabing and
In Honor of John H. Drabing, D.O.

Ms. Diane Drabing

In Honor of John H. Drabing, D.O.

Mrs. Caroline Lewis

***"It's not how much we give,
but how much love we put
into giving."***

—Mother Teresa

**CSOF BOARD INSTITUTES
SPONSORSHIP GRANTS**

An additional effort to obtain recognition for CSOF's work to improve our community's health and well-being through its community grant program is through sponsorship grants. Recently, the CSOF Board of Directors approved sponsorship grants to the **Colorado Springs Therapeutic Riding Center** for their March 3rd **Barn Dance, Safe Passage's Alice in Wonderland Un Gala** scheduled for April 6th and **NAMI-C.S. for their Stepping into the Light fund raising breakfast** scheduled for May 3rd.

In addition to our Foundation's usual grant awards, our board has awarded sponsorship grants to these qualified nonprofit organizations to aid them in raising additional funds for their programs. These are capacity building grants that benefit the nonprofits as well as sponsors. Through social and traditional media, sponsors receive recognition leading up to the events, at the events and afterwards. We hope you will be able to attend one or all of these benefits. Watch for more information!



March 3rd, 2018



April 6th, 2018



May 3rd, 2018



CSOF SCHOLARSHIP RECIPIENTS – WHERE ARE THEY NOW?



Mary “Mimi” Lundgren, Ph.D., D.O. is pursuing an Orthopedic Surgery residency in Chicago, Illinois. She expects to complete her residency on June 30, 2019. She hopes to return to the mountains and practice in a mid-size community where she can get to know her patients. She said the “\$20,000 scholarship was much more than \$20,000 as the years go by! Aside from the financial impact it has made, I appreciated the support of my osteopathic interest by the Foundation’s board. Thank you!” Dr. Lundgren is a graduate of the Chicago College of Osteopathic Medicine and is from Pueblo, Colorado.



Amanda McNally Uber, D.O. is completing her Pediatric residency at Stanford where she is currently chief resident. In June of 2018 she will be starting a one year Pediatric Nephrology Fellowship at Stanford. She said the \$20,000 scholarship was “extremely impactful.” Dr. Uber is a graduate of Midwestern University Arizona College of Osteopathic Medicine and is from Lone Tree, Colorado.

We are so proud of these young physicians and glad we could play a supportive role in their pursuit to become Osteopathic physicians.

MUSINGS FROM YOUR EXECUTIVE DIRECTOR

Getting and staying connected to the Colorado Springs Osteopathic Foundation ... how best to do this? What better ways than:

- Joining one of our committees
- Attending membership meetings
- Participating in our community service projects
- Donating
- Serving on the board of directors
- Making a grant award presentation
- Following us on Facebook and Twitter
- Reading our annual report and eBulletins
- and calling a board or committee member or me to catch up or to offer a suggestion, perhaps over coffee.

Staying connected is about communication and building and maintaining relationships. In today’s fast paced life, it can seem daunting to be involved in one more thing. I promise you that if you engage you will have a positive experience, one that leaves your “cup full, but not overflowing,” - feeling joyful, fortunate, exuberant, proud, grateful and longing to participate again.

So to come full circle, it is all of you, us together, building social connections and therefore opportunities to impact the Osteopathic profession and our community in ways beyond what we can anticipate that connects me every day. Thank you for the privilege of engaging in such meaningful and rewarding work.

GRATITUDE THOUGHTS

Hopefully you’ve read the Winter eBulletin and are inspired and feel connected by what you are helping us accomplish during our 2017-2018 fiscal year. We realize that there are many nonprofit organizations with which you could affiliate. Each of you is appreciated for making our progress possible.

“Team work makes the dream work.”

—Author unknown

A LASTING LEGACY

CSOF has a rich history dating back to August of 1984 when it was founded. For detailed information on this history please visit the Foundation’s website at csof.org and click on the “A Lasting Legacy” button.

At our November Board of Directors meeting, Gregory Ales, D.O. remarked that he had no idea about all the good we were doing until he got involved on the Board. So engage, you will be glad you did.